

JUNE 2020 NEWS

Currently there are no monthly meetings because of the Coronavirus

Beating Coronavirus

The Government's adjustments to their advice as announced on Sunday and Monday 10th and 11th May do not change the ban on meetings and gatherings. This means we are still unable to continue with group and monthly meetings.

However people can now go out for exercise more than once a day and can meet with no more than one person from outside their household, while respecting social distancing requirements. This presents an opportunity to get together with another U3A member with the same group interests as yourself.

Meanwhile we are finding other ways to keep linked and pursue interests and activities. Our newsletter this month features updates on what we are doing and provides ideas and links.

PLEASE NOTE the "links" will not work on the printed version only the email version. In these unusual time we are finding many services and information are being provided by the use of the internet. The emailed newsletter issued this month is making use of the access to information so available. For instance we have been able to provide access to videos and virtual visits to museums and galleries. If you would like to receive a copy of the emailed version of the newsletter please email me or telephone:

Tony Whiteley email: tonywhiteley@outlook.com Tel: 01789 471036

Outings

Carol and Chris's Programme for the summer is currently suspended. They write:

"Your Outings Team are hoping we can recommence a programme of activities later this year subject to the evolving of the governments guidelines for protecting us from the coronavirus. We will report back to you each month."

Sadly no trips are currently planned to run.

Carol Turland 01789 84129 carolturland@gmail.com

Or Chris Black 01789 840893 mickandchris2ashtree@tiscali.co.uk

Group News

Our Quiz Group have sent a challenge for members especially our Cake and Bake Group to answer their Cake and Dessert quiz - See the Quiz Group entry below for more information.

Reminder The links to web pages inviting you to "Click HERE" only apply to the emailed version of the newsletter. If you would like to receive the email version please email tonywhiteley@outlook.com

Help and support for computer, smart phone and tablets

So much of how our society is functioning, depends on using electronic communication and the internet. If members are struggling and need some advice Michael Dane is prepared to provide advice and support by phone or email. If he does not have an answer then he has the other members of the computer group to whom he can turn.

Michael Dane 01789 470491 landm.dane@btinternet.com

Our Book Groups

Wednesday Book Group

Anne Prior reported last month that the Group were having Zoom meetings and intend to continue this month. Whatever they think of the book they enjoy talking about it and of course catching up.

Books on Monday

Penny Holbrook writes

"Books on Monday" read and conveyed their thoughts on "The Butterfly Room" by Lucinda Reilly. This story involved a sweeping family saga spanning several generations, framed in the setting of a grand country manor, Admiral House, close to Southwold in Suffolk. The novel alternates between several timelines from 1940s -50s to 2006, where our heroine, Posy, is approaching her 70th birthday. Unexplained mysteries of the past are uncovered and family crises are exposed.... A good escapist read, with excellent descriptions of the post war years.

For our May project each of us has elected to do a "review" of a book we have each read in order to maybe tempt the Book Group to add it to our reading list."

Bridge

Whilst Wendy Ironmonger is during lockdown unable to run her Bridge Group sessions, the National U3A has organised free internet accessed Bridge

games. Free access is offered to all U3A members for a trial 3 months. There is no commitment to then join paid access and credit card details are not required. If you would like to play bridge on the internet click [HERE](#)

Cake and Bake

Theresa Finkel, Group Leader writes, "We were due to make something with pastry for our meeting on the 28th April. This could have been shortcrust, flaky or choux or any form of pastry. It could be a recipe for sweet or savoury, in fact anything you fancied making.

The idea was that we email details and a photo to everyone in the group once we had baked.

We had a lovely selection of Salmon roulade, apple pie, blackberry and apple pie, and a meat pie. The weather had changed from hot and sunny to cold which obviously reflected in the choice of pies.



Theresa writes "My Pie is a meat pie which is Peter's choice and one which he tells me I have not made for about five years. This is made with shortcrust pastry and is beef mincemeat cooked as though you were making a cottage pie but put between pastry instead of under potato.

My Mum used to make these often and would make them for picnics or anything., she would make one on a saucer for me to take to work and I would put it on the old fashioned thick radiator to heat sending everyone else who just had a sandwich crazy with the smell. When people I worked with met my Mum they would always tell her the story and she would send extra pies in with me for them.

This brings back wonderful memories and I am sure we are all calling on these at this present time."

Computing Group

Micheal Dane reports the group continues to meet virtually. They had their most recent Zoom Meeting on Tuesday 12th May.

Micheal was chairing the session and this is an image of the erudite Magnificent Seven who joined him.

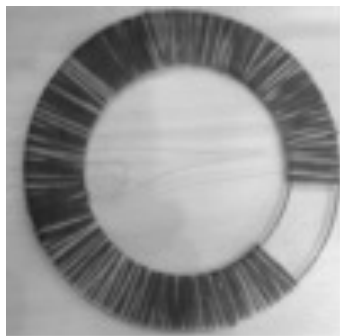


Flower Arranging

The Flower arranging group are staying in touch during lockdown, Jenny Down reports. Members have been sent a theme for May by e mail as usual. However, because we cannot meet, I have requested photos are sent to me to send on to inspire other members of the group. Deciding lockdown might be an ideal time to recycle as obtaining new resources prove difficult, the ideas for May's arrangement were based around a structure which we made in March. It was a wire ring we covered in wool to support flowers rather than use floral foam.

Instead of positioning the ring horizontally, for the May design the ring was positioned vertically and plant material arranged through the hoop. As we are all avoiding shopping as much as possible, we aren't buying flowers but foliage can be used to great effect, with the different shapes, colours and textures of leaves. Twigs can add interest too.

The results:



The wire ring is wound with wool.



A finished ring. Wool is then bound across the ring to support flowers



The same ring used in an arrangement.



The design for May re using the ring but this time vertically

Jenny also reports, *"A few weeks ago, I had an email to ask if Wellesbourne Flower Club would like to join Stratford Flower Club and Avon Floral Art in a weekly flower theme and floral quiz. I accepted and extended the kind invitation to the U3A Flower Arranging group. It is another way people with a love of flowers and flower arranging can keep in touch during lockdown. The themes are adhered to extremely loosely, with people sending pictures of their gardens, pets and poems as well as arrangements."*

French Conversation Group

Jim Brown writes that the group has been holding virtual meetings on Zoom. Everyone has taken to using Zoom with enthusiasm and even those who have limited IT skills have managed to get on-line.

Normally our meetings last two hours but we decided to operate shorter meetings on Zoom and normally an hour is enough for most of us. Our most experienced French speaker, Maureen Muir, sends out an agenda a few days before and one person from the group proposes a discussion subject. Last week everybody spoke (in French, of course) of their most memorable meal.

If time allows we do some reading and translating of interesting French articles and we also have a French language story-book on the go. Most of the group get dressed up for the virtual meeting but some members look as though they have just got out of bed!

History 1 & 2

Gail Hayes reports "Our Keeping History Active" fortnightly task has been very successful. Every fortnight we look forward to seeing what our task will be and then diligently doing our research for other members to read. Our recent task was entitled "People and Places". Carol Turland wrote about Jephson Gardens and Dr Henry Jephson after whom they were named."

To read Carol's study of Dr Jephson click [HERE](#)

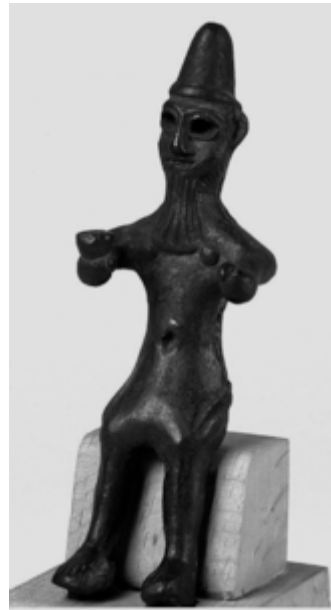


18 Beech Lawn in Warwick Street, built for Dr Jephson in 1832.

Local History

David Ball, Group Leader reports he is at work preparing for the time when we can meet again. In the meantime he recommends two of many links to websites to local museums with excellent presentations.

The Ashmolean Museum is the University of Oxford's Museum of Art and Archaeology and was founded in 1683. Although closed at the moment there is a wealth of displays and activities to access via the website. Just tasters



Pay it a virtual visit. Click [**HERE**](#)

The Shakespeare Birthplace Trust in Stratford upon Avon whilst currently closed to visitors, offers through its website "Museum from Home" a wide range of information and activities which allow you to "encounter Shakespeare"

Click [**HERE**](#).

During the "lockdown" Museums and Galleries have been closed but have opened their displays to virtual visits. The Sunday Times recently carried this list of websites further afield that offered virtual viewing opportunities. If you have a spare moment why not investigate.

<https://www.britishmuseum.org/collection>

<https://www.royalacademy.org.uk/>

<https://www.tate.org.uk/>

<https://www.nationalgallery.org.uk/>

<https://www.rijksmuseum.nl/en>

Our Philosophy Group has been thinking!

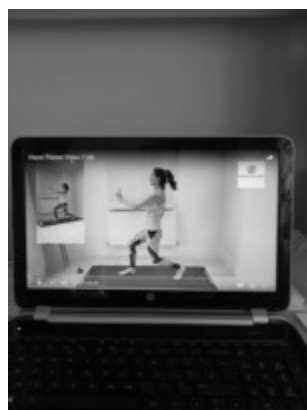
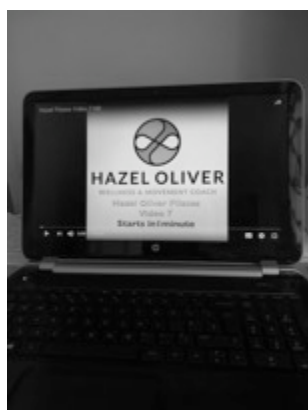
Gordon Russell writes - "For the Philosophy Group we have so far been using emails containing some ideas people can use to contemplate on existence and other topics.

One good thing about isolation and distancing is that time is available to be

contemplative, Suggestions such as, 'Lay down and gaze up at the night sky - try and imagine that the Earth is like a back pack you are carrying - you are hanging there looking at trillions of stars and millions of years of history.' At good 30mins should do. All health warnings apply - wrap up against the cold etc etc.

We also looked at the Government advice / rules on what we should be doing and thought about what the ethical philosophies of Aristotle, Kant, Rousseau, Mill and so on say about such advice / rules. Soon we are going to try an ESP research which whilst not strictly Western Philosophy could be a way to communicate but worrying if Zoom is going to work"

Pilates



Sue Moss one of the pirates Group Leaders says, "I have photographed my laptop showing Hazel, our instructor. Hazel sends the youtube link to members of Plates 1 who have chosen to continue exercising at home.

Members of the group have added their own comments. Here are just some:

- "Finding the classes interesting each week and will continue to work the body."
- "Hazel I am really pleased."
- "Done 35 minutes of yesterday's session. Doing at least 10-15 minutes each morning (had a recent knee op.)"
- "Thank you just what I needed."
- "Excellent workout today! Thank you. Even managed some of the planks."
- "Thanks, just finished trying it."

If you would like more information contact:

Ros Bott 01789 842440 or
Sue Moss 01789 842466

Quiz Group

The group is meeting "virtually" and offer the rest of us a **challenge** again to check this month our knowledge of baking.

They reckon they will have the Cake and Bake group frazzled!

To take the quiz click [HERE](#)

As to the answers go to the end of this newsletter.

Rock and Roll and Our Popular Music

We have now issued our third virtual programme again with Heart of England U3A. We have included a spoof "Lockdown" Abba session by four New Zealand women, "The Starlets"

Goes to show lockdown is international. (Except in New Zealand where it has just ended)

Enjoy the rest of the programme too. Click [HERE](#)

Our Trains, Planes and Automobiles Group

had planned a second visit this year to the RAF Museum at Cosford. Our Group Leader Peter Finkel thought he would like to show them what they missed. He showed on our email version of the newsletter a video is of Highlights from the 2019 Air Show.

Did you take the Quiz Group's Challenge?

To get the answers and check your results click [HERE](#)

Free online courses

After our special newsletter and the item on our web page a lot of interest has been shown in the free online courses now available. We have a page on the website where you can find out what is available Visit our webpage "Free online Courses" to find out what's on offer click [HERE](#)

The National U3A

There are a number of initiatives being launched by the National U3A and are being added to regularly. To see what is on offer click [HERE](#)

Wellesbourne and Walton News Online

As with so many other aspects of our daily life being affected by the Covid-19 pandemic, future editions of the monthly Wellesbourne and Walton News will only be available online until things return to normal. You can access the newsletter through the link below. Currently the May Edition is available. This includes an article on the U3A monthly presentation 'Dogs for Good' which took place earlier in the year.

The June edition will be available towards the end of the month and includes an article about Wallace Simpson following the recent presentation at our monthly meeting.

Happy reading! To access the newsletter click [HERE](#)

Wellesbourne and Walton Community Cares

Through particularly our groups we are keeping in touch and helping other members. U3A members are also playing their part in our wider communities. Volunteers are being sought and also help is being organised. You can find out more if you need help or want to volunteer by visiting the website of Wellesbourne & Walton Community Cares by clicking [HERE](#)

Coronavirus scams and how to stop them

These times provide new opportunities for scammers and fraudsters. Which have provided this advice on their website. Remind and update yourself of what to watch for:

Click [HERE](#)

In addition the National U3A has provided access to the following "poster"

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home decontamination services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods and services from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on 0808 223 11 33
To report a scam call Action Fraud on 0300 123 2040
Contact your bank if you think you have been scammed.

**Be a good friend,
help to protect
your family, friends
and neighbours
from scams.**

**Read It.
Share It.
Prevent It.**

#Coronavirus
#ScamAware

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

Web:
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